

Cultivate an Attitude of *Gratitude*

We will begin at 12:15pm

Presented by:



Gayle Price
Southeast FCS
Specialist



Jennifer LaSalle
Family and Community
Wellness Agent
West Plains District



Mirna Bonilla
Community Health and Wellness
Agent
Chisholm Trail District

Today's Guide for Healthy Conversation

Be respectful and open of others.

Please type your questions in the Q&A box and comments into the chat box for our moderators.

Today's session will be recorded and posted to our Living Well Wednesday web page:

<https://bit.ly/KSRELivingWellWebinars>



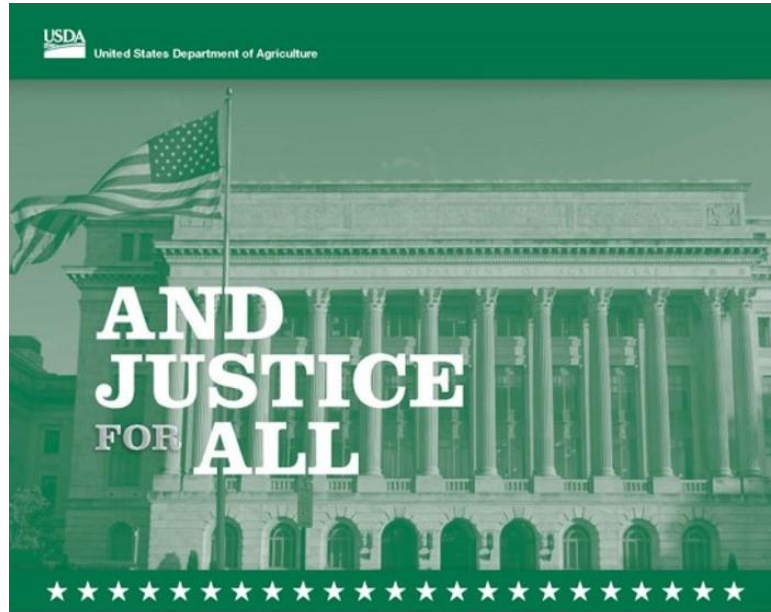
LIVING WELL WEDNESDAY

K-State Research and Extension Webinar Series

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Motivational Ambient | ALONE by Alex-Productions |
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mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442;

email:
program.intake@usda.gov.

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Form AD 3027, A - Revised (Print) Revised July 2019

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correo postal:
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Office of the Assistant Secretary for Civil Rights
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(833) 256-1665 o (202) 690-7442;

correo electrónico:
program.intake@usda.gov.

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Formulario de queja por discriminación AD 3027, A - Revisado, Julio 2019

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Family & Consumer Sciences

Contact us at livingwell@ksu.edu for questions and/or accommodations.



Presenters:

Gayle Price, Extension Specialist, Southeast Region

Jennifer LaSalle, Extension Agent, West Plains District

Mirna Bonilla, Extension Agent, Chisholm Trail District



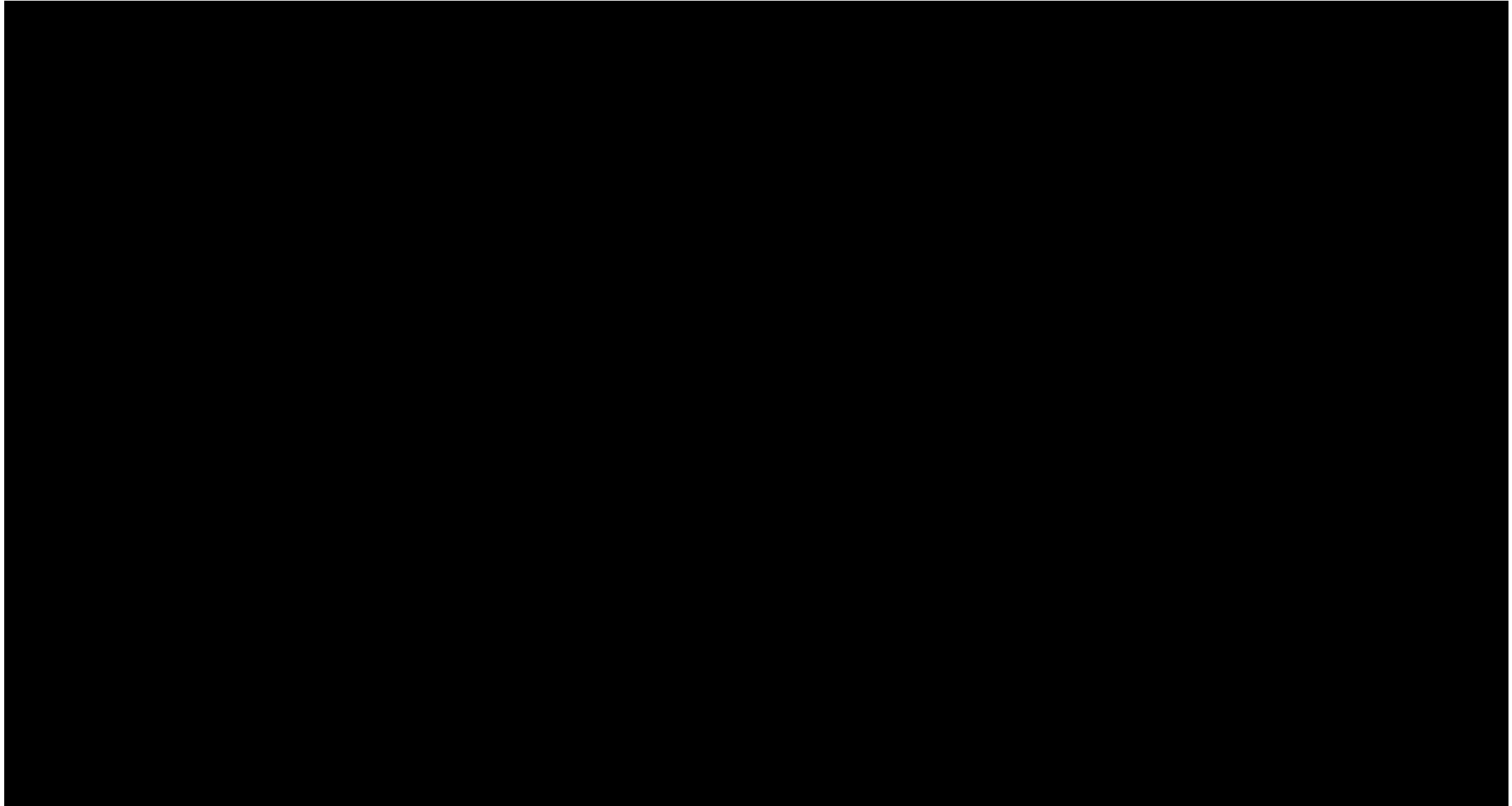
LIVING WELL WEDNESDAY

K-State Research and Extension Statewide Webinar Series

January 26, 2022
12:15 p.m. – 1:00 p.m.

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Video: “Gratitude is Good for You”





What is Gratitude?

*“an emotion, an attitude, a moral virtue, a habit,
a personality trait, or a coping response” .*

(Emmons & McCullough, 2003, p. 377)

Characteristics of grateful individuals

- Appreciate others' contributions to their well-being
- Tend to appreciate simple pleasures
- Don't feel deprived in life
- Acknowledge the important role of experiencing and expressing gratitude.



Cultivating Gratitude

- Practice
- Discipline
- Habit
- Way of Life



Journaling

- Daily or Weekly
- Morning or Night
- Simple Notebook
- No worries about grammar or spelling
- Take your Time
- Be aware of “gratitude fatigue”



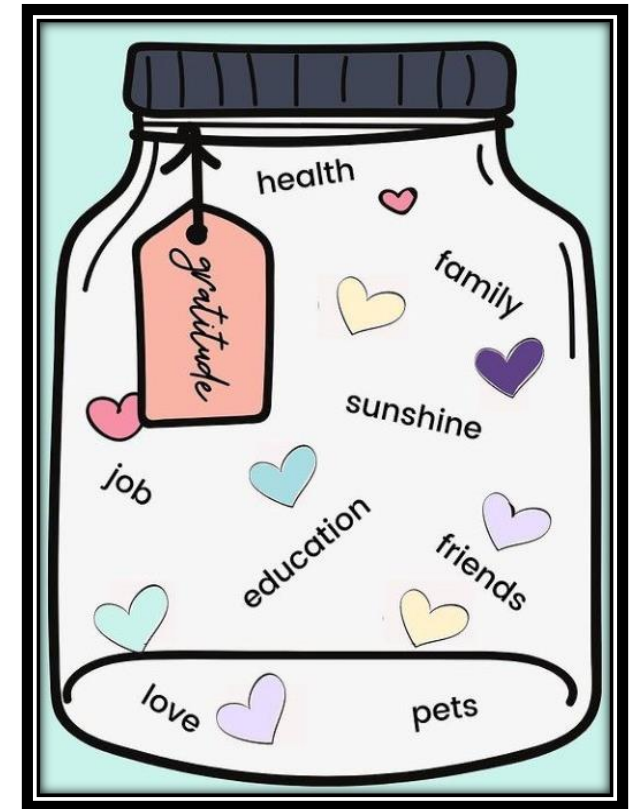
How to Journal

- Write 3 -5 things you are grateful for
- No repeats
- Be specific
- Give details
- Include surprises
- Think of it as a gift
- Things you take for granted
- People
- Negative outcomes you avoided, escaped, and prevented



Gratitude Jar

- Jar or box
- Decorate if you wish
- Write down 3 things throughout the day you are grateful for on slips of paper (same as journaling)
- Place slips in jar
- Need a quick pick-me-up, take a few notes out of the jar to remind yourself of who, and what, is good in your life.



Written Letter

- Write a hand written letter to a person you are grateful to have in your life.
- Be detailed:
 - express qualities about the person
 - how they have affected your life for the better
- Deliver in Person



Text to Connect

- Text 2 people before 10 am
- Who needs me right now
 - Love
 - Kindness
 - Appreciation
 - Support



Impact of Gratitude

Four key areas of gratitude and well-being

- Psychological Pathology
- Emotional Functioning
- Eudaimonic Well-Being
- Humanistic Conceptions



Health Benefits



Physiological
Well-Being



Physical
Activity



Sleep



Emotional &
Mental Health



Energy Levels

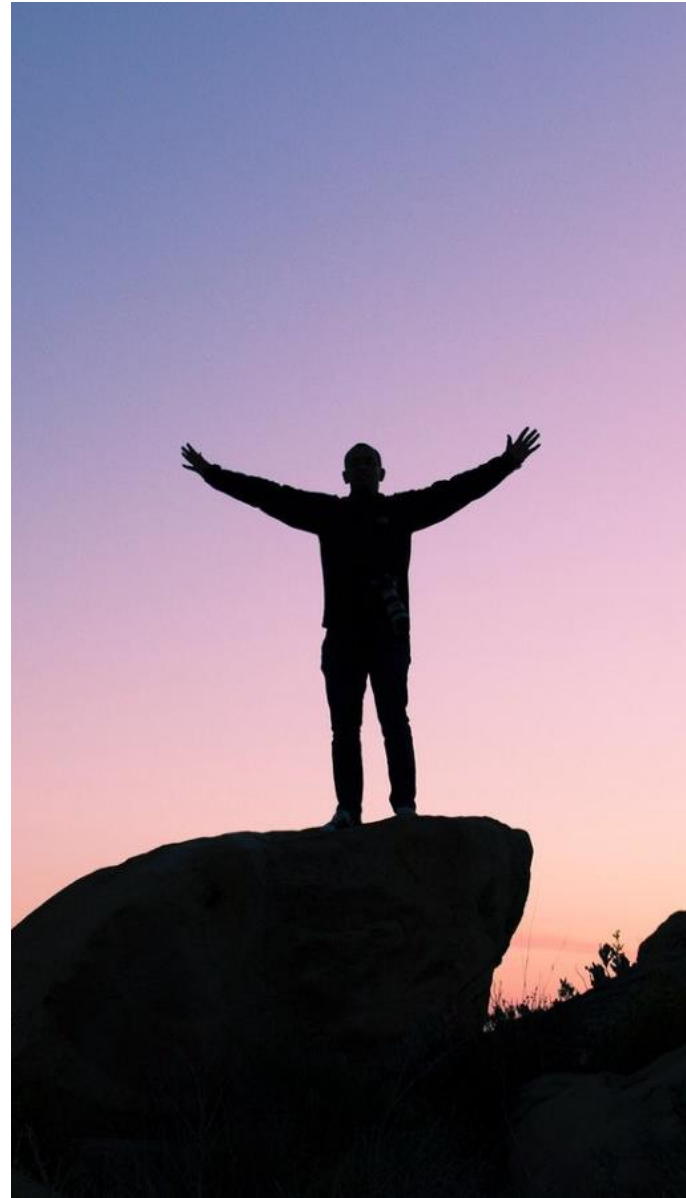


Relationships

Gratitude gives you happiness that lasts.

*The "gratitude muscle"
is like any other muscle,
in that it must be flexed
periodically to remain
strong.*

- Reference Positive Psychology



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Family & Consumer
Sciences

THANK YOU!

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Thank you for attending!

Please take a few moments to complete our Living Well Wednesday survey.



Scan the QR code with your camera phone or follow this link:

<https://bit.ly/LWW-Gratitude>

Recording of presentations and handouts will be posted on our Living Well Wednesday website:
<https://bit.ly/KSRELivingWellWebinars>

Find your local Extension office at ksre.kstate.edu

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Join us on February 9th!



Languages of Appreciation

Languages of Appreciation is designed to understand the importance of creating a culture that values and respects the ways in which colleagues and staff, at all levels, individually want to be appreciated. Participants will learn more about their own language of appreciation, explore important prerequisites to sharing effective appreciation and receive practical tips on how to express genuine appreciation throughout the workplace.

(Contact us at livingwell@ksu.edu for questions or visit our website: <https://bit.ly/KSRELivingWellWebinars>)

Presenter:



LaVerne Williamson

Human Capital Services, Employee Relations and Engagement Specialist.

Date:

February 9th

Time:

12:15-1:00pm

Location:

via Zoom

Register:

<https://bit.ly/KSRELivingWell>



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